

# Urbana Senior Center

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## July Program Highlights

### Thursday Afternoon Games

We have some new games - Phase 10, Set, Quiddler, Apples to Apples, Number Dominos, Set, Yatzee It's fun and games and laughter at the center on Thursday afternoons.

**Date:** Thursdays

**Time:** 1:00 p.m. **Cost:** Free

### Hearing Loss/Hearing Aids

Learn about hearing loss and how hearing aids might help.

**Date:** Tuesday, July 31

**Time:** 1:30 p.m. **Cost:** Free

### Blood Pressure Screening

Stop in for a blood pressure check!

**Date:** Tuesdays, July 17 & 31

**Time:** 1:00 p.m.

**Date:** Wednesday, July 18

**Time:** 11:30 a.m. **Cost:** Free

### Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m.

**Date/Time:** Tuesdays 1:00 p.m.

**Date/Time:** 2<sup>nd</sup> Tuesday 6:00 p.m.

**Cost:** Free

### Exercise to Video

Exercise to a video made especially for seniors.

**Dates:** Mondays through Thursdays

**Time:** 11:00-11:30 a.m. **Cost:** Free

### Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!**

Two slices of pizza, tossed salad, vegetables, fruit, juice, milk

**Date:** Tuesdays

Reservations must be made at by 2:00 p.m. the Monday before.

**Time:** 5:30 p.m.

**Cost:** \$4.80 (Regular lunch fee)

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "How Long Can I Expect to Live?...a look at life expectancy"

**Date:** Wednesday, July 18

Sign-up by Monday, July 16

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Tai Chi (Continuing)

Improve Balance! Improve Strength of Body!

Achieve Clarity & Focus of Mind!

Gain Calmness & Lightness of Spirit! This

class is for people who have already taken some Tai Chi.

**Date:** Mondays (6-week session),

July 16, 23 & August 6, 13, 20, 27

Register by Monday, July 9

Space is limited - sign-up soon!

**Time:** 1:30-3:00 pm

**Cost:** Free but you must commit for the 6-week session and pre-register

### Computers

Computers, with high-speed Internet access, are available for use any time the Center is open.

**Free Wifi is now available!**